



# Jefferson County

## WIC Facts: FFY 2004

### Infants Born Served by WIC

County.....61.3%  
Statewide..... 48.6%

### Women, Infants and Children Served

**Total: 953**

Infants and children under 5.....656  
Pregnant, breastfeeding and postpartum women.....297

### WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars  
\$342,312  
WIC Farmers Market Nutrition Program Food Dollars  
\$38

### WIC Families

Working families.....60.6%  
WIC households with at least one working family member

Families living in poverty..... 72.3%  
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

### WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions.....2,570

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



### WIC Attracts Families to Preventive Health Services

WIC referrals..... 4,409

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

\* Maternity Support Services

# *Jefferson County*

## **WIC Agencies and Sites**

### **Jefferson County Public Health**

Brinnon  
Chimacum  
Port Townsend  
Quilcene

### **Quileute Tribe**

Hoh Tribe

### **Quinault Indian Nation**

Queets

## **WIC Authorized Grocery Stores**

Peninsula Foods  
QFC

Safeway  
The Food Coop

## **WIC Authorized Farmers Markets**

Jefferson County Farmers Market